

Communication Tips

- Select where and when to have the discussion
- Be clear on what you want
- Start with a positive remark
- State how you feel
- Say “I” instead of “You”
- State your needs and give reasons
- State what you want from your partner
- Listen actively—say back what your partner is expressing
- Explain that you would like to solve the problem together
- Do not blame your partner or undercut your partner’s self-esteem
- Offer suggestions or options
- When your partner does something you like, tell him
- When your partner makes snide, sarcastic or demeaning remarks, immediately tell him you do not like it
- Stay calm. End fights immediately
- Stay firm